

Naalya Food Bulletin

28th October, 2025

Rotary
Kampala - Naalya



UNITE
FOR
GOOD

Issue 17 | RY 2025-26



Makerere Rotary Peace Centre Graduands

RC KAMPALA - NAALYA



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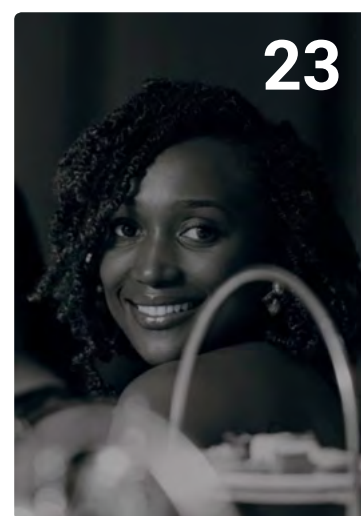
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Chef's Note



Dear Rotarians and friends,

As October draws to a close, I find myself filled with pride and gratitude for what we have accomplished together during Community and Economic Development Month. As Rotarians, we didn't simply discuss empowerment; we delivered it and our commitment has turned economic dreams into durable realities.

As we know, lasting peace is rooted in economic stability. October has seen lives transformed through opportunities created. The proof lies not only in numbers, but in the renewed hope shining on the faces of those who now glimpse a pathway out of poverty. That, my friends, is the power of Rotary in action!

Now, as we turn the calendar to November, our focus shifts to one of Rotary's most vital observances: Rotary Foundation Month. Established in 1917, The Rotary Foundation (TRF) is

the financial heartbeat of our global mission, the quiet engine that powers every clean water system, every literacy program, every peace fellowship, and every vaccination drive.

▶ **Ranked among the world's most trusted charities, the Foundation ensures that every Shilling or Dollar donated becomes a catalyst for change, building a legacy of lasting good across the globe. The Foundation's motto, 'Doing Good in the World,' is not just a statement; it's our shared promise.**

“These men and women, coming from around the world, are not just scholars; they are peace architects, equipped to heal communities and shape Africa's narrative of resilience and hope.”

Relatedly, this October also brought two milestones that remind us of Rotary's incredible breadth and heart. On October 24, the world united once again for World Polio Day. Since

PolioPlus began in 1985, cases have nosedived by 99.9%, and over three billion children have been immunized. With the continued support of our partners, especially the Bill &

Melinda Gates Foundation's 2:1 match, we are closer than ever to achieving what once seemed impossible: a world free from polio. Yet, our mission is not complete until we reach zero cases. **End Polio Now** remains our unwavering call to action.

Additionally, the Makerere University Rotary Peace Center in Kampala celebrated another generation of peacebuilders. Some 19 fellows, nearly half of them women, graduated with Postgraduate Diplomas in Peacebuilding and Conflict Transformation. These men and women, coming from around the world, are not just scholars; they are peace architects, equipped to heal communities and shape Africa's narrative of resilience and hope.

▶ **As we transition into November, let us carry forward the energy of October - the spirit of enterprise, compassion, and courage - and channel it into strengthening TRF. Together, we are not only building communities; we are building futures.**

YOURS IN ROTARY,

Rtn. Peter Nyanzi
Bulletin Officer

What community-led development looks like

RI President's Message - Rtn. Francesco Arezzo

OCTOBER 2025

October is Rotary's Community Economic Development Month, a time to spotlight our efforts to help communities build thriving, sustainable futures. This month's observance aligns perfectly with the Rotary core value of leadership.

▶ **Leadership means empowering people to guide their own progress. That is precisely what Rotary's economic development projects aim to achieve.**

Take, for example, a recent initiative in southern India in which Rotary members unlocked the power of women of the Adivasi tribal groups through sewing training to earn a living and regain social inclusion. Historically, widows and abandoned women in this region lose social standing and are shunned by society or blamed for their misfortunes. Opportunities to support themselves or obtain training are minimal.

This year, the Rotary Club of Windsor Roseland, Ontario, partnered with clubs in Districts 3203 and 3234 in India — and with the Indian organization Sevalaya Trust — to provide sewing machines and training to 80 Adivasi women. They learned to stitch saree blouses, kurta tunics, and salwar suits, enabling them to support themselves and their families. Each woman received a



certificate for completing the program, and the sewing-machine provider offered free long-term maintenance for the machines. The project offered vital income and dignity to women ostracized by society after widowhood.

This story is one example of Rotary leadership in action: local people guiding solutions that address their community needs. Our role is not to deliver charity or to impose outside models, but to foster self-reliance by investing in leadership, skills, and sustainable enterprise.

This October, I invite Rotary members worldwide to reflect on economic leadership in

their communities. Who is stepping forward to lead local economic initiatives? Where is there untapped talent that could be supported with training or mentorship? How can your club catalyze opportunity through partnerships with local businesses, vocational schools, or savings groups?

Leadership is not always about being visible. Sometimes it means listening, working collaboratively, and amplifying the voices of others. That approach lies at the heart of Rotary's philosophy and our lasting impact on economic development.

By building capacity — whether through microcredit groups, vocational training

workshops, or entrepreneurship programs — we enable communities to lead their own transformation. When people take ownership of their progress, change becomes sustainable.

▶ **Let us lead with good intention and provide support with heart. By nurturing local leadership, we can create opportunities that ripple through communities, empowering individuals, families, and societies.**

Together, we can support economies that work for everyone and enact community development projects that last.

Empowering Vulnerable Communities

BY DG GEOFFREY KITAKULE

OCTOBER 2025

At the heart of Rotary's global mission lies a fundamental commitment to building a better world. As Rotarians, we are bound by the belief that lasting peace and prosperity cannot be built without dignity, opportunity, and hope.

Economic empowerment is not just about financial stability; it is about unlocking human potential, restoring dignity, and creating pathways for self-reliance. Rotary's motto, 'Service Above Self,' is lived out every time we equip a young person with skills, every time we support a small entrepreneur, and every time we open doors for women and vulnerable groups to participate fully in economic life.

▶ **In many of our communities, poverty is not just the absence of money; it is the absence of opportunity. Unemployment among youth, limited access to credit, and a lack of vocational skills often trap families in cycles of poverty.**

But where others see obstacles, Rotarians see possibilities. Economic empowerment is one of Rotary's seven Areas of Focus because it addresses the root causes of poverty and lays a foundation for sustainable development.

Rotary plays a significant role in economic development in



Uganda. This has been through skills training, infrastructure, empowerment of marginalized groups, health interventions that reduce economic burdens, and partnership-driven community projects. These interventions support Uganda's third National Development Plan (NDPIII), particularly in boosting economic inclusion, infrastructure, human development, and agriculture and rural development. Our interventions also align with the global Sustainable Development Goals such as SDG 1 (No Poverty), SDG 2 (Zero Hunger), SDG 4 (Quality Education), SDG 5 (Gender Equality), SDG 6 (Clean Water & Sanitation), SDG 8 (Decent Work and Economic Growth), among others.

Through our economic empowerment projects, we have seen an increase in incomes and job creation. Small enterprises and vocational training enable

people to earn livelihoods rather than depending solely on subsistence or informal labor. Improved sanitation, clean water, and hygiene reduce incidences of disease. This reduces medical expenses and time lost to illness. The empowerment of women and youth helps reduce inequality and promotes inclusive growth.

Behind every project is a human story:

1. A young mother who once struggled to feed her children but now runs a tailoring business.
2. A school leaver who, through vocational training, now earns a living in carpentry.
3. A community that once lacked clean water but now thrives because time once spent fetching water is now spent in productive work.

▶ **These are the lives Rotary touches, and they remind us why we serve. When we empower one person economically, we empower a family. When we empower a family, we strengthen a community. And when we strengthen communities, we create the foundation for peace and prosperity in our nation and our world.**

THAT IS THE TRUE POWER OF ROTARY. INDEED, ROTARY CARES FOR OUR COMMUNITIES.

#ROTARYEYAMBA

President's Message

RTN CHARLES OWEKMENO
Unite For Good President
2025-2026



Dear Rotarians,
Rotaractors and Guests,

It is with great excitement that I welcome you to a new Rotary week of action.

I would also like to acknowledge the observance of World Polio Day, which was commemorated on 24th October 2025.

This day serves as a reminder for us all to increase our contributions toward the PolioPlus Fund. I therefore call upon members of the RC

Kampala Naalya family to contribute generously to this vital cause.

As we continue to focus on Economic Empowerment

“
I extend an invitation to you and your friends to join us in ending the month on a positive note filled with enjoyment.”

Month, I am pleased to share that last week we hosted Mr Emmanuel Sanyu Safali, an insurance expert, who delivered a very captivating talk on financial opportunities in the insurance industry. We believe that Rotarians should first empower themselves economically before extending support to our communities. This approach

enables Rotarians to have more resources to do good.

This week, we will enjoy a fun fellowship event centered around games. I extend an invitation to you and your friends to join us in ending the month on a positive note filled with enjoyment. I also wish to extend sincere appreciation to the Rolex Buddy Group for their excellent leadership throughout this month.

Wishing you and your loved ones a wonderful week of Rotary actions.

YOURS IN SERVICE
ABOVE SELF,



TEAM TALK

When Rotarians empower fellow Rotarians

BY AG FRANCIS LUBUULWA

For the past few weeks, we have explored Rotary's October theme of **Economic and Community Development** - from understanding what it means, to using our privilege for purpose, and empowering young people to stand on their own.

As we close the month, perhaps the most meaningful reflection is one that turns inward. How can Rotarians help each other achieve greater economic independence and empowerment? Because before we can sustainably build our communities, we must ensure that our own foundation is strong.

Every week, Rotarians sit side by side with professionals, entrepreneurs, and leaders from different sectors. Rotarians form an incredible network of skills, resources, and opportunities. Yet, in many clubs, we rarely tap into this potential. We attend meetings, exchange business cards, but stop short of collaborating meaningfully.

The Rotary network is one of the most underused assets for empowerment in Uganda. It holds the potential to transform our members' livelihoods, businesses, and influence if we learn to use it with purpose and integrity.

Rotary was founded on **fellowship and ethics** - two values that, when combined, can create powerful economic partnerships.

When we deliberately choose to "Buy Rotary," we are not promoting favoritism; we are strengthening a network built on trust.

When we recommend a fellow Rotarian for a job, tender, or consultancy, we are affirming

the value of integrity and competence. Rotary offers what most businesspeople long for — credibility, shared values, and accountability. When trust becomes currency among Rotarians, economic independence follows naturally.

The Rotary spirit was never meant to be competitive. It was meant to be collaborative. In a world where markets are uncertain and economic challenges affect us all, Rotarians can find strength in cooperation. Imagine every club having an **enterprise circle** where members mentor one another, share business insights, and explore partnerships. Imagine young Rotarians learning from seasoned professionals within the same club, gaining not just advice but real-world access

“

In a world where markets are uncertain and economic challenges affect us all, Rotarians can find strength in cooperation.”





to markets and networks. That is how Rotary becomes an ecosystem of empowerment, not just a fellowship of goodwill.

Here are simple, practical ways Rotarians can empower each other economically:

- Develop mentorship circles within your club to guide young professionals and entrepreneurs.
- Organize 'Rotary Market Days' or exhibitions where members showcase their products and services.
- Encourage procurement from Rotarian-owned enterprises where it aligns with value and ethics.

“

When we look within and invest in each other's growth, we model the kind of economic and community development that lasts.”

- Create financial literacy or investment learning sessions within your club.
- Form Rotary-based investment groups or partnerships rooted in transparency and shared purpose.
- Celebrate and promote Rotarians who model ethical entrepreneurship and sustainable business.

When Rotarians prosper, communities thrive. A Rotarian with a stable business, career, or professional practice is more capable of giving

back and sustaining service projects. Empowerment within Rotary is not selfish; it is strategic. We cannot pour from an empty cup.

Strengthening one another financially and professionally expands our capacity to serve humanity more effectively. It also strengthens the bonds of fellowship that make Rotary unique. Let every Rotary club be a space where

members find not only friendship but also growth. Let every Rotarian look across the table and see, not just a fellow member, but a potential collaborator, mentor, or client.

The Four-Way Test reminds us to ask: **“Is it fair to all concerned?”** Indeed, fairness includes giving each other a chance to grow. When Rotarians empower Rotarians, Rotary itself becomes an engine of economic independence. This is how collective goodwill can create shared prosperity. Rotary's true strength lies not in numbers but in the quality of our relationships. When we look within and invest in each other's growth, we model the kind of economic and community development that lasts.

▶ **Let us move forward with a renewed commitment to support, mentor, and uplift our fellow Rotarians. Because when we are stronger together, we are better equipped to create hope in the world.**

The author is Assistant Governor, and Past President of Rotary Club of Kampala - Naalya



Makerere Peace Centre scholars graduate

On October 23, all roads led to Makerere University where the 8th Cohort of the Rotary Peace Centre graduated, a powerful testament to the enduring success of the Rotary Peace Fellowship initiative and Rotary's foundational mission of promoting world understanding and peace.

Some 19 scholars, including three Ugandans, were passed out, representing 18 areas of focus.

▶ **The graduation ceremony, witnessed by Makerere University Deputy VC for Finance and Administration Prof. Winston Ireeta, and Rotarian Mike Ssebalu, the District Governor Emeritus for District 9213, was a vibrant celebration of achievement, diversity, and hope.**

Prof. Ireeta reminded the graduands that peace is not a destination, but a journey - one that requires courage, collaboration, and unwavering resolve.

PDG Ssebalu highlighted the importance of peace, saying Rotary's other six Areas of Focus cannot work where there is no peace.

Established in 2021, the Makerere University Rotary Peace Centre was created to address the unique challenges and opportunities of peacebuilding in Africa. In just a few short years, it has become a beacon for the continent,



PDG Mike Ssebalu congratulates Okumu Boniface Onyango (Kenya) at the graduation ceremony on Oct 23.

offering a postgraduate diploma in Peacebuilding, Conflict Transformation, and Development.

The program is tailored for experienced peace and development professionals, with a curriculum that

blends theory, research, and hands-on fieldwork.

Credit to Rotarians

The Director of the Peace Centre, Associate Professor Helen Nambalirwa Nkabala, applauded Rotary for championing the initiative, saying every dollar contributed to The Rotary Foundation's Peace Fellowships is a seed planted, growing into a global harvest of peace.

▶ **"All this is possible because Rotarians have given," she said. "To every Rotarian who has ever contributed to The Rotary Foundation, you see your dollars at work here. You are building the peace the world so desperately needs."**



Assoc. Prof. Helen Nambalirwa Nkabala
- Peace Centre Director

Let us continue to support this vital

work, for in empowering these peacebuilders, we are truly creating a better future for all."

▶ **Since its opening, the Makerere Rotary Peace Centre, the only one on the continent, has welcomed nearly 190 fellows from almost 50 countries – ranging from Argentina to Zimbabwe. These fellows are not only gaining new skills and perspectives, but are also building a powerful network of peacebuilders who are already making a tangible difference in their home communities.**

The fellows representing a diversity of professions, arrive with years of experience and leave armed with a powerful Social Change Initiative they must implement upon returning to their communities. They are not theorists; they are practitioners, molded by the harsh yet instructive realities of the Great Lakes

region and beyond.

A vision realised

As the 8th Cohort members presented their final Capstone projects, there was no doubt that these are real-world solutions to real-world problems. From initiatives addressing gender-based violence in conflict zones to projects related to youth, security, maternal health, religion and peacebuilding, these Fellows represent the critical mass of peace builders that Rotary envisioned when the program began.

The Rotary Peace Centres – seven in total across the globe - are credited for being Rotary's most profound investment in the future of humanity. They are living proof that our belief in peace through education and collaboration is achievable.

Since 2021, Makerere's Peace Centre has trained nearly 190 fellows, who now

join a global alumni network of over 1,500 Rotary Peace Fellows working in more than 115 countries. The centre at Makerere University, which is now even becoming a benchmarking spot for other centres, is a powerful example of this model's success.

These fellows are not just scholars; they are practitioners, mediators, and leaders. They have contributed to peace processes, supported refugees and displaced persons, advanced women's rights, and led community development projects across Africa. Their work is a living testament to Rotary's vision that peace would be possible when individuals are empowered with knowledge, skills, and a commitment to service.

The Cohort 10 members were also introduced, with Cohort 9 now out doing field work on their respective projects.

Makerere Rotary Peace Centre Graduands





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District launches financial literacy initiative

The Rotary District 9213 has launched a crucial Financial Literacy Program (FINLIT) in Uganda, aiming to empower local communities by imparting the knowledge and skills necessary to thrive in the formal money economy. The core focus is on transforming financial behavior through sound practices like saving, investing, and effective money management, positioning these as instruments for sustainable, long-term economic empowerment.

▶ **While launching the initiative, District Governor Geoffrey Martin Kitakule clarified that Rotary's commitment extends beyond mere charity to establishing sustainable livelihoods.**

He emphasized that a lack of financial understanding is a major contributor to persistent poverty, stating, "Not knowing about money keeps many people stuck in poverty, not that they lack ambition but because they don't understand how money works," he said. "We're giving people tools to reclaim dignity and hope."

The FINLIT program, he explained, is designed to enable communities to make better financial choices and prepare for their future, thereby promoting social and economic empowerment.



DG Geoffrey Kitakule (2nd Left) launches the FINLIT programme

The program will be disseminated nationwide through the Rotary Club of Bulindo and partners, aligning with Rotary's focus on Economic Empowerment and Basic Education. With support from institutions like Centenary Bank and UAP Old Mutual, the rollout will involve community sensitization campaigns focused on helping households manage resources effectively and participate meaningfully in the formal economy.

▶ **DG Kitakule stressed that mastering these basic financial skills is essential for building self-reliant and resilient communities, calling financial literacy a vital tool in breaking the cycle of poverty and reclaiming human dignity.**

Beyond access

Uganda has made commendable strides in financial inclusion, with more citizens accessing formal services like bank accounts and mobile money. However, access alone isn't empowerment. A significant and often invisible gap persists in financial capability - the crucial knowledge and skills required to effectively use those services. Too many ambitious individuals remain caught in cycles of indebtedness and vulnerability because they lack the basic tools for budgeting, savings, investment awareness, and responsible borrowing.

The FINLIT program perfectly embodies Rotary's Economic and Community

Development Area of Focus. It functions as a foundational layer that makes every other Rotary project exponentially more successful.

► **Percy Lubega, President of the Rotary Club of Bulindo, underscored that poor financial management acts as a significant barrier to success for many Ugandans. He confirmed the program would equip individuals to make informed decisions, avoid fraud, and utilize tools like insurance to safeguard their investments and build financial discipline.**

This intervention was lauded by Daniel Ayebare of the Financial Literacy Association of Uganda (FLAU), who acknowledged it as a valuable complement to government efforts to integrate more citizens into the money economy.

The initiative is one of the most strategically vital initiatives in the District, described as a masterstroke that transcends simple charity, marking a deep and powerful investment in sustainable human capital.

By partnering with organizations like the Financial Literacy Association of Uganda (FLAU), Centenary Bank, and UAP Old Mutual, Rotary is shifting the conversation from mere access to genuine comprehension. It is a commitment to ensuring that every individual - from the rural farmer to the urban entrepreneur—is equipped to make informed financial decisions that ultimately transform their families and livelihoods.

Without financial literacy and discipline, small businesses can't survive due to poor cash flow management.

FINLIT ensures that entrepreneurs have the tools to analyze debt, manage resources, and reinvest wisely, fortifying the success of the initial investment.

Financial stress is a leading cause of family breakdown. FINLIT's focus on household management and planning for education, health, and old age directly translates into stronger, more resilient homes. Critically, the knowledge gained is inter-generational, instilling a culture of responsible money management in the children of Uganda.

► **By creating a network of financially literate citizens, D9213's program helps to build a more robust local economy with a stronger savings culture. It is a bold strategic move toward creating a self-reliant Uganda.**



How mental illness affects productivity, empowerment



BY RTN JACKLINE MUTIMBA

In today's fast-paced world, productivity and economic empowerment are often measured through performance, innovation, and growth. Yet, beneath these metrics lies an invisible force that shapes them all — mental illness. When unaddressed, it quietly erodes the foundations of both personal progress and community prosperity.

A few years ago, I worked with a group of women entrepreneurs who were part of a local savings and loan program. They were vibrant, determined, and full of ideas. But as time went on, a pattern emerged; missed meetings, declining participation, and fading enthusiasm. It wasn't poor management or lack of motivation. Quietly, many were battling depression and anxiety, worn down by the pressures of daily survival. Their stories revealed an uncomfortable truth: mental illness is one

of the most underestimated barriers to productivity and economic empowerment.

The cost of mental illness

Mental illnesses such as depression, anxiety disorders, and bipolar conditions affect concentration, energy, and decision-making—the core ingredients of productivity. According to the World Health Organization (2023), depression and anxiety alone lead to the loss of approximately 12 billion working days globally each year, costing economies about US\$1 trillion annually.

In Uganda, the magnitude is striking with research showing that up to 35% of Ugandans experience some form of mental disorder,

and about 15% require treatment. Yet, mental health receives less than 1% of the national health budget, leaving millions untreated. Uganda currently has fewer than 50 psychiatrists serving a population exceeding 45 million, underscoring a massive treatment gap.

► **The economic cost is immediate and personal. A single therapy session in Kampala ranges between UGX 100,000 and UGX150,000, while nearly half of employed Ugandans (49.2%) earn less than UGX 150,000 per month.**

For many, the choice between treatment and survival is not a choice at all; it's an impossible



Youth of Acholi Quarters in Kampala perform a skit during Rotary's Integrated Mental Health Camp recently.

trade-off. The result is lost productivity, limited participation in income-generating activities, and reduced household stability.

A rising national concern

Uganda has witnessed a 25% increase in reported mental health cases in the last four years from about 491,000 in FY 2020/21 to over 616,000 in FY 2023/24. Behind each number is a student unable to study, a parent unable to work, or an entrepreneur unable to sustain a business.

▶ **The informal sector, which employs the majority of Uganda's population, is particularly vulnerable.**

Mental illness in these settings translates directly to fewer working days, declining output, and lower community income. When untreated, it erodes both productivity and hope, which are the key drivers of empowerment.

The ripple effect on communities

Mental illness doesn't just affect individuals, it disrupts entire social and economic ecosystems. Families

absorb the emotional and financial costs of care, often reducing investment in education, health, or business. Women and youth, who carry the dual pressures of economic survival and social expectations, face the greatest toll.

The result is a quiet but significant loss in national productivity. When a large share of the workforce is struggling silently, the economy underperforms, not because of lack of

skill, but because of unaddressed emotional exhaustion and psychological distress.

Globally, studies by the World Bank and the International Labour Organization show that for every US\$1 invested in mental health treatment, there is a US\$4 return in improved productivity and health outcomes.

While Uganda-specific ROI data are limited, the implications are clear: with high prevalence, low funding, and a rising treatment gap, the nation is losing untapped potential and economic growth opportunities. Integrating psychosocial support into community savings groups, entrepreneurship hubs, and workplace policies could

reverse this trend improving both wellbeing and output.

Changing the narrative

Mental illness is not a sign of weakness but a health condition with real economic consequences. Treating it should be seen as an investment in human capital, not a cost. Uganda's Vision 2040 emphasizes inclusive growth and human development goals that can only be achieved when mental wellness is prioritized within health, labor, and education systems.

▶ **When people are mentally well, they think better, work better, and build better. Empowered minds are the foundation of empowered economies.**

Mental illness quietly drains Uganda's productivity, one life at a time. But by investing in mental wellness through policy, funding, and community awareness, we can unlock a wave of creativity, innovation, and resilience.

True empowerment begins where healing starts – in the mind.

**#MentalHealthMatters
#MentalHealthAwareness
#MentalHealthAtWork
#SelfCare**

Rtn Mutimba is the Admin at the Rotary Club of Kampala Naalya

“...by investing in mental wellness through policy, funding, and community awareness, we can unlock a wave of creativity, innovation, and resilience.”



FAMILY OF ROTARY EXCELLENCE AWARD Q1

JULY/SEPTEMBER

1. Rc Kampala South
2. Rc Buloba
3. Rc. Wakiso
4. Rc Kampala Naalya

The Family of Rotary is proud to recognize and appreciate the Top 4 Clubs of the First Quarter for their outstanding performance, dedication, and commitment to service. Your efforts continue to inspire and uplift our Rotary community, setting a shining example for others to follow.

WISDOM TIPS
from James Clear

“Each day, spend some time on two things:

1. Working toward something that will pay off years from now
2. Appreciating something that is happening right now."

"Lessons are unlikely to stick unless they are repeated. Behaviors are unlikely to stick unless they are repeated. Love is unlikely to stick unless it is repeated. The practice solidifies."



PDG Anne Nkutu (M) poses with Primary Seven candidates at Kijabijo Primary School when she visited the school at the invitation of the Rotary Club of Kampala Life Stars. The PDG launched a class room block and tap water, which were provided by the Club.

It's noble to able to serve with impact



ROTARIAN KEVIN NYEKO IS A CHARTER MEMBER OF THE ROTARY CLUB OF KAMPALA NAALYA AND THE CHARTER PRESIDENT OF KYADDONDO RUGBY. HE TALKED TO PETER NYANZI ABOUT HIS ROTARY JOURNEY.

How and when did your Rotary journey begin officially?

I became a Rotarian in 2012 as a charter member of the RC Kampala Naalya.

What roles did you play after being inducted into Rotary?

I served as Secretary and Youth Director.

Please take us through the process of chartering the Rotary Club of Kyaddondo Rugby?

The entire process took us a year and eight months. It involves the sponsoring club writing to the District. The District then grants permission to the mother club and appoints a new club advisor, who ensures that all potential members are paid up on their RI and district dues. The charter fees are then paid. Once

the certificate of charter is received, you can invite the DG to launch it by inducting the paid-up members, installing the Charter President and handing him the instruments of power.

Themed Rotary clubs like yours are a new innovation in Uganda. In your view, how significant is this innovation especially given Rotary's interest to make an impact in the communities it serves?

It gives defined inclusiveness and a sense of belonging.

From a personal perspective, what lessons are you learning from being a Charter President of a new club?

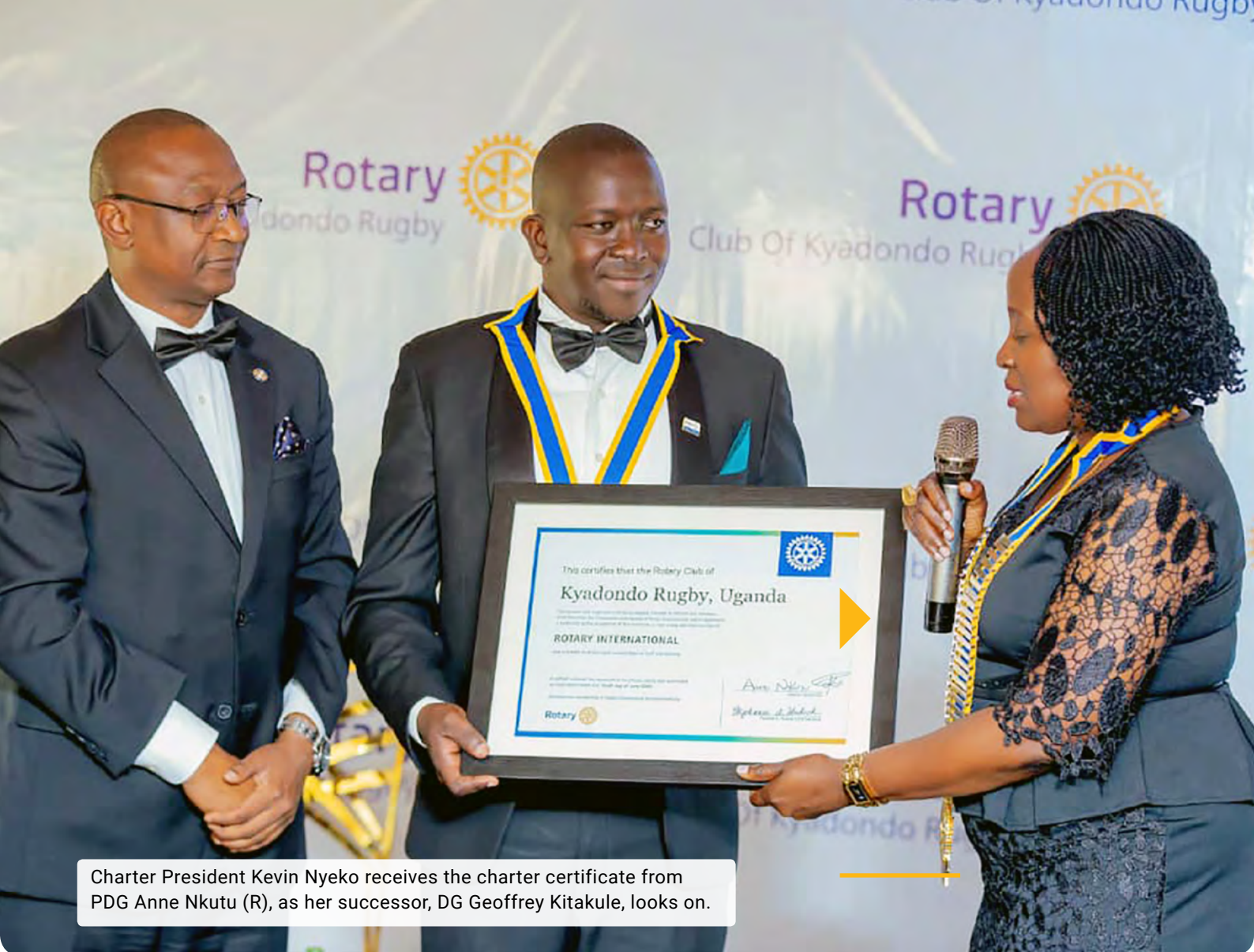
It's important to be able to mobilise people, develop leadership skills, as well as patience and teamwork.

Briefly, what would you point at as the key highlights from the Club's first 100 days?

“

I see RC Kyadondo Rugby being an impactful team of professionals that will develop two projects that will be funded by RI to impact communities.”

We have partnered with other clubs to collaborate on health out-reach initiatives. We co-sponsored Rugby Buffaloes 7s and paid half-year dues for members. We have also engaged in family of Rotary with two hospitalities so far.



Charter President Kevin Nyeko receives the charter certificate from PDG Anne Nkutu (R), as her successor, DG Geoffrey Kitakule, looks on.

You're partnering with the Rotary Club of Kampala Naalya and RC Bukoto to implement the Mental Health project in Acholi Quarters. How significant is this initiative, in your view as a person who is quite familiar with this particular community?

It's noble to be able to serve with impact. It brings hope to the community that seems forgotten yet in the middle of the city. We paint love, happiness, and create hope where hope seems lost. I take pride in that.

What lessons can other Clubs learn from this partnership in

regard to implementing impactful projects?

Team work is very important in delivering impactful projects. When you put all synergies

together, you become bigger and better. It's basically the way to go.

Where do you see the RC of Kyaddondo Rugby in the next five years or so?

I see RC Kyadondo Rugby being an impactful team of professionals that will

develop two projects that will be funded by RI to impact communities.

What message do you have for your members in the club?

Let's work as a team and let's be innovative. Let's pay our dues and collaborate with other clubs to increase synergies.

Where do you see yourself in Rotary in the next few years?

I see myself as Club Advisor and a future Assistant District Governor.



“
Let's pay our dues and collaborate with other clubs to increase synergies..”



ELDER'S EYE

Deepening community empowerment through partnering

BY RTN GODFREY
OKELLO-OMODDING

"... LET US MAKE MAN
IN OUR IMAGE, IN
OUR LIKENESS, AND
LET THEM RULE..."
(GENESIS 1:26, NIV).

The creation of man was a unique undertaking. It had the following salient features: (i) created out of partnership, unlike other creations, (ii) responsibilities were defined and given, (iii) blessings of fruitiness and increase were extended, (iv) giving of what to survive on was defined, and (v) pronouncement of the last creature was made. The use of this narrative here is not for theological purposes; rather, it is an illustration of aspects of undertaking development.

Undertaking development comes with a massive challenge that requires a

steel muscle that allows for pooling of resources. That 'steel muscle' is partnership. Because the needs of human beings are complex and many, even the Almighty Creator had to apply partnering. Human beings who were given the responsibility to co-create ought to emulate it too.

▶ **Partnering set an example that has worked. In this era of shrinking development aid, building partnerships becomes an inevitable avenue for pooling resources.**

Economic and community development simply translates into bringing betterment, blessings of fruitfulness and increase. It

is an ordination. The hands that carry out development for the betterment of others are anointed. They give sustenance of life. Knowing how effectively partnering has been applied in creation, it remains a call for Rotary clubs to re-examine and assess how they can deepen the pursuit of economic and community development.

▶ **Nations and development organisations under different arrangements such as multilateral or regional cooperation protocols or special development vehicles do partner to fund and execute projects.**

For instance, in the recent Global Gateway Forum, held in Brussels recently, the European Commission and the World Bank Group partnered to roll out what is referred to as 18 big-ticket projects in energy, transport, and digital infrastructure across Africa, Asia and the Pacific, Latin America and the Caribbean. This partnership aims to turn investments into jobs, services, and impactful results. Yet again, a demonstration

“

The hands
that carry out
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of power of partnering.

▶ **As Rotarians, in our own ways and means, we can make a strategic choice to partner to do economic and community interventions. Such interventions, when well executed, can create an impact. The wisdom of partnering is the pooling of resources to a scale that one club cannot reach alone.**

Sometimes when a club goes alone, the impact may not be comparable to if it partnered with others. It is known fact that a strong muscle is formed by many intertwined muscles. This is evident in a strong rope, which must be made when a number of fibres are twisted together.

Given that human needs are many and diverse, even the delivery of interventions requires various skills. Partnering attracts diversity and moves things to new levels, crowding in diverse resources. Very often, partnering helps to absorb the uncertainties and risks.

Rotarians are in a position to twist their development

undertakings with different skills, expertise, experience and competences, among others. Dynamics of economic and community development is proved to be better handled where partnerships are formed, nurtured and nourished. Experience all over the world has shown that impactful interventions are realised and sustained through some kind of partnerships. In rural communities, for example, effective development arms are village cooperative, community groups, religious affiliated groups. These

are some of partnerships that fuel development.

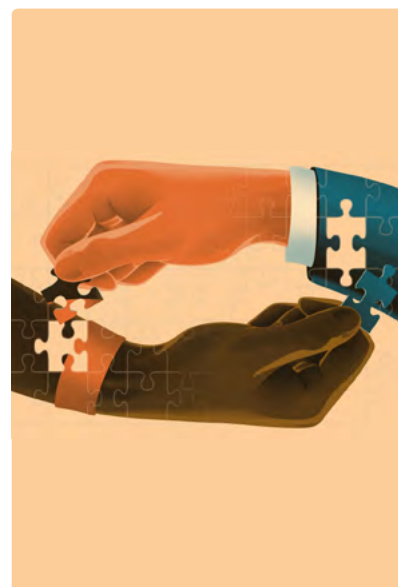
“

Partnerships enable pooling of necessary skills, competences, experience, and very importantly - visions.”

Similarly, in mobilising finances, partnerships are very effective. Renowned global companies do fund their expansion initiatives through

mobilising funding by selling shares. Ordinarily, this implies building partnerships. Therefore, the most effective options are in partnering. They can be used for advancing and promoting micro credit, for example. Also, they can be used in promoting entrepreneurship through mobilising funding and strengthening leadership.

The challenge that commonly manifests in



many enterprises is not the establishment; it's on sustainability. It partially arises from leadership and management. This can be improved through partnerships. Partnerships enable pooling of necessary skills, competences, experience, and very importantly - visions. Sustained vision in development is therefore the root to the survival of any undertaking.

▶ **As the month dedicated to economic and community development comes to an end, the question for Rotarians is; what hope have you left behind for someone or a community? Let's continue to ponder about this.**

STRATEGIC PARTNERSHIP

solution connection growth synergy business cooperation
collaboration relationship teamwork investment
innovation strategy partner

Last week's fellowship

#Kimeeza - Pictorial



When the body turns into a battlefield

BY PAMELA
KAWADDWA

**It begins in whispers —
a tired sigh brushed off,
a tiny ache that
lingers too long,**
a doctor's eyes that
suddenly soften
when words like "we
found something"
shatter the air like glass.

The world changes
in that second.
The days stretch longer,
and sleep no longer
comes with peace.
You count the hours
not in minutes
or seconds,
but in pills, tests,
and breaths.

Hair falls, strength fades,
but something
beautiful rises —
a quiet fire,
a stubborn light that
refuses to dim.
You learn that courage
isn't loud,
isn't a battle cry —
it's the whisper:
"I'll try again tomorrow."

And love...
love becomes a soldier, too.
It sits beside you



when you are too
weak to talk,
it holds the bucket,
wipes the tears,
and still finds
reasons to smile.

Some days, hope feels heavy,
too heavy to lift.
You question the stars,
you bargain with faith.
You wonder why the world
can bloom with such cruelty.

Yet somehow,
in the middle of pain,
you find grace.

Because even when
the body trembles,
the soul remembers
its power.
Even when chemo
drips like time,
there are moments
— tiny, golden —
when you feel alive,
more alive than ever.

And for those who
left too soon, their
light does not fade.
It lingers in laughter,
in photos, in every
sunrise they once
promised to see.
They are the warmth
in our grief, the peace
in our prayers, the
strength in our silence.

Cancer may steal,
but it never wins —
not when hearts still love,
not when stories still speak,
not when memories bloom!

the soul that grows.

Till again...

Phwyy

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST

The development of acquaintance as an opportunity for service;

SECOND

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD

The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



Happy Birthday

Rtn Joachim Buwembo

On your special day, we just
want to remind you how
deeply you are loved—
today and always.



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Rotary
Club of Kampala Naalya



SCHOOL OUTREACH

WEDNESDAY 29TH OCTOBER 2025, 10.00A.M

ST. MBAGA TUZINDE KIWATULE P.S



Activities

- DONATION OF SCHOLASTIC MATERIALS & WATER FILTERS
- MOTIVATION TO P.7 CANDIDATES

#RotaryNaalya
#RotaryEyamba

www.RotaryKampalaNaalya.org

Motto

Dear Rotarians and friends, grab your linguistic lassos and prepare to wrangle the wild, wily word **motto**! This pint-sized powerhouse of a term has been strutting through history and now, just buckle up for a romp through the etymological underbrush!

Picture ancient Italy, where Latin was the life of the linguistic party. Here, 'motto' was born from the Latin **muttum**, meaning a 'mutter' or 'grunt.' Yes, folks, the noble motto—the verbal banner of kings and corporations—started as the sound of a Roman stubbing their sandal-clad toe or spotting a hunky gladiator and mumbling, 'Well, **muttum** to that!'

▶ **By the 14th Century, this muttering morphed into the Italian motto (meaning 'word' or 'saying'), and by the late 16th century, it swaggered into English, ready to slap itself onto shields, crests, and motivational bumpers.**

Why does a word rooted in grumbling now reign as the

king of catchy phrases? Because a motto is the linguistic equivalent of a double espresso—short, sharp, and guaranteed to kick you into gear. Think Nike's 'Just Do It' or Britain's 'Keep Calm and Carry On.' These aren't just words; they're verbal firecrackers that rally armies, sell sneakers and burgers.

Mottos have been moonlighting in every corner of human history. Medieval knights scrawled them on shields—think **Fortis et Fidus** ('Brave and Faithful') - to spook enemies or woo girls. Today, they're plastered on everything from corporate logos to Toyota bumper sticker screaming, 'My Other Ride Is a Merc.' They're the handshake of words, delivering identity, values, or a cheeky wink in a single breath. Take for example, 'A Noble Spirit Embiggens the Smallest Man.' These mottos prove you don't need to be profound - just memorable enough to make someone choke on their coffee.



The magic of a motto lies in its ability to bottle a vibe. Nations lean on them, you know. 'Austria's Destiny Is to Rule the World'; Chile's: 'By Reason or by Force'; or Nepal's: 'Mother and Motherland Are Greater Than Heaven.' Need I mention, 'For God and My Country'? Companies thrive on them too ('Think Different'), and personal mottos like 'Never Leave a Snack Uneaten' keep us grounded. They're linguistic Swiss Army knives, slicing through life's chaos with wit and wisdom.

▶ **So, next time you mutter something clever under your breath, remember: you're one Latin translation away from immortality. Go forth and 'muttum' magnificently!**

Jokes of the week

1. Someone stole my antidepressants. Whoever they are, I hope they're happy.
2. A thesaurus is great. There's no other word for it.
3. I tried to be a vegetarian for a week, but it was a disaster. I ended up eating meat... and feeling guilty about the animals that died for my guilt.



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FUN FELLOWSHIP

GAMES TO PLAY

**Cards, Ludo, Draft,
Monopoly, Innovent,
Omweso etc.**



**TUESDAY
28TH OCT**



7:00 PM



**ARCHES GARDENS
KISAASI**



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ROLEX BUDDY GROUP IN CHARGE



Arnold Ntege



Dennis Osikol



Efrance Nakitto



Evelyn Mullinda



Francis Lubuulwa



Hadijah Nankanja



Laetitia Kiyingi



Sheila Kawamara Mishambi



Stephanie Gacukuzi



Stephen Kakonge



Sylvia Jagwe Owachi



Barbara Ninsiima



Ronnie Mutebi



Brian Mayanja

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TAP THE BUTTON BELOW

FILL THE FORM AND OUR
MEMBERSHIP DIRECTOR WILL REACH OUT



Tap to submit your details



OUR CLUB MEETS EVERY TUESDAY AT 7-8PM

www.rotarykampalanaalya.org



Aluminium and Metal Fabrication



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